

W2
AM5
57C

DANGEROUS CONTAGIOUS DISEASES.

LEAFLET ISSUED BY THE MICHIGAN STATE BOARD OF HEALTH.

[173.]

[Revised Edition, 1891; 10,000 printed.]

In Michigan, diphtheria and scarlet fever are the most dangerous *contagious* diseases, as that term is usually understood; the most dangerous *communicable* diseases, named in the order of their importance as causes of deaths, are consumption, diphtheria, pneumonia, typhoid fever, scarlet fever, whooping-cough, measles and small-pox.

Consumption is now known to be a communicable disease, therefore some of the following general rules are applicable for its prevention and restriction. The most important measure for the restriction of consumption is the disinfection or destruction of all sputa of every consumptive person.

Typhoid fever. Unlike typhus fever, typhoid fever is not often contracted directly from the sick person, but from the discharges from the bowels of the sick person; these should always be disinfected. The chief source of danger is believed to be drinking water contaminated by leaching from privies etc. All suspected water should be boiled.

Cholera. The same precautions recommended to prevent the spreading of typhoid fever should be taken as soon as cholera appears. The first evacuations of choleraic diarrhea are infectious, and should, as well as all that follow, be immediately carefully disinfected.

Whooping-cough is a communicable disease which, in Michigan, causes more deaths than does small-pox. Most of the following rules, except perhaps those for disinfection of the discharges from the kidneys and bowels, are applicable for its prevention and restriction.

Small-pox. The following rules are applicable for the restriction of small-pox whenever the disease occurs, but by vaccination and re-vaccination small-pox may be and should be almost wholly prevented.

General Rules for the Prevention and Restriction of Scarlet Fever, Diphtheria, Small-Pox, and Typhus Fever.

1. **Avoid** the contagium or special cause of the disease. Unless you are needed to care for the sick, or are protected by having had the disease, or in case of small-pox by thorough vaccination, do not go near the sick person. Do not allow your lips to touch any food, cup, spoon, or anything else that the sick person has touched or that has been in the sick room. Do not wipe your face or hands with any cloth that has been near the sick person. Do not wear any clothing that the sick person has worn, during, just before, or just after his sickness. Keep your hands free from discharges from the body or skin of the sick person. Do not touch him with sore or scratched hands. Particularly avoid inhaling or in any way receiving into the mouth or nose the branny scales that fall or peel from one recovering from, or apparently wholly recovered from scarlet fever.

2. **Restrict** the contagium or special cause of the disease. Isolate the sick. Separate those sick with any of these diseases, even if they are but mildly sick, from all persons except necessary attendants. A person sick with any of these diseases should not be permitted to suffer for want of care, food, or comfort; but all his wants should be attended to by adults, or by those who are protected by proper vaccination or by having had the disease. Children and those who are not thus protected, should be kept away from these diseases. Do not go from the sick-room to a child or other unprotected person until after change of clothing, and thorough washing of hands, face, hair, and beard. Always wash the hands thoroughly

after any handling of the sick person or of anything that has been in contact with the sick person. Keep those who have been exposed to any of these diseases away from schools, churches, and other assemblies, and from all children until it is known whether they are infected,—and if they are found to be infected, isolate them till after complete recovery and thorough disinfection.

3. Destroy the contagium or special cause of the disease:—

a. By thoroughly disinfecting or destroying whatever is removed from the person sick or from the sick-room. All discharges from the patient should be received into vessels containing a strong solution of chlorinated lime (not less than one ounce to each discharge from the bowels) and then, in cities, thrown into the water-closet; elsewhere they should be buried at least 100 feet distant from any well; or where this is impracticable they may be received on old cloths which should immediately be burned or disinfected and buried.

b. By thoroughly disinfecting the sick-room and its contents, after removal of the sick person, whether by death or recovery.

Disinfect as follows: Burn whatever has been in contact with the sick person and is not too valuable to burn. Garments, sheets, blankets, etc., that will not be injured by bleaching, should be boiled for half an hour in a zinc-solution made by dissolving zinc sulphate and common salt in water, in the proportion of four ounces of the zinc sulphate and two ounces of common salt to one gallon of water. After death or recovery of the patient, subject the room and all its contents to the fumes of burning sulphur. Before fumigating, hang up and loosely spread out clothing, bedding, etc., that cannot be boiled in the zinc-solution, or spread it loosely over chairs in the sick-room, leaving the bedstead and other furniture in the room. Close all openings to the room very tightly. For a room ten feet square, place three pounds of sulphur in an iron pot or pan, that will not leak, supported on bricks over water in a tub. Set the sulphur on fire with live coals or with a spoonful of alcohol lighted by a match. Be careful not to breathe the sulphurous fumes. Leave the room tightly closed for several hours, then air it thoroughly. For a large room use a proportionally larger quantity of sulphur at the rate of three pounds for each 1,000 cubic feet of air space, and burn as much as possible of the sulphur used.

4. Keep your house and premises and everything connected therewith clean, but remember that *the contagium of these diseases may attach to the cleanest article* of clothing, food, drink, book, or paper if it is exposed thereto.

5. The law requires householders and physicians to notify the health officer, president, or clerk of the local board of health, of the first case and of every case of these diseases. The penalty for violation of this law may be as much as one hundred dollars.

Unless the local board of health orders otherwise, whoever violates the orders of the health officer is liable to a fine, and to imprisonment if the fine is not paid.

When the death of a person who has died from scarlet fever, diphtheria, or small-pox is announced in print, the notice should state the cause as "from scarlet fever," diphtheria, or small-pox, as the case may be, to prevent attendance at the funeral or visits to the house by persons liable to take the disease.

More complete statements of means of restricting and preventing these diseases, are in the pamphlets, issued by the State Board of Health, on the "Restriction and Prevention of Scarlet Fever," the "Restriction and Prevention of Diphtheria," the "Restriction and Prevention of Measles," the "Restriction and Prevention of Small pox," and the "Prevention of Typhoid Fever," any of which may be had by addressing the Secretary of the State Board of Health, Lansing, Michigan.